



Water

Water - Drink a glass of water.

Sips all through the day

- Increases energy; improves production and concentration (alleviates mental fatigue); improves test taking ability and all academic skills.



Brain Buttons

Brain Buttons - While holding navel area with one hand, rub with thumb and finger of other hand in hollow areas (1-2 inches apart) just below the collar bone on each side of the sternum (breastbone).

- Increases clarity for any visual activity (especially reading) or thinking skill; beneficial when doing writing, typing, computer work; increases overall relaxation.



Cross Crawl

Cross Crawl - Touch hand to opposite knee; alternate moving one arm and opposite leg. Do for 1 to 2 minutes. Variation - touch opposite elbow to knee.

- Improves reading, writing, spelling, listening comprehension; improves left/right coordination.



Hook-ups

Hook-ups - 1. While sitting or standing, cross one ankle over the other. Cross the same-side wrist over the other and touch palms together. Interlace fingers and draw hands up toward chest. Sit this way for one minute, eyes closed, breathing deeply.
2. Uncross legs and put fingertips together, breathing deeply for another minute.

- Diffuses stress; improves self-esteem, establishes a positive orientation; promotes clear listening and speaking; aids in ability to function calmly in test taking; improves typing and computer work; helps reading, writing and spelling.

(NOTE: The first four Brain Gym movements are called "PACE" and get the mind and body ready to learn).



Positive Points

Positive Points - The points are just above the eyeballs, halfway between hairline and eyebrows. Lightly place three fingers of each hand together on those areas. Hold for 30-60 seconds. Alternative method - lightly hold hand across forehead.

- Decreases worrying; increases creative, constructive thinking; releases "tip of the tongue" memory blockages; helpful for spelling and math; benefits organizational abilities test performance. (Can do after Hook-ups to diffuse the energy from a negative situation.)



The Thinking Cap

The Thinking Cap - Using both hands simultaneously, start at top of each ear and "unroll" the curved part of the edge of the ear. Continue all the way to the bottom of the ear lobes. Do three times.

- Increases listening comprehension; improves public speaking ability, singing, short-term memory, thinking abilities, spelling; increases concentration while working on computer.

Brain Gym Mini Menu



The Owl

The Owl - While squeezing top of shoulder, turn head and look over shoulder being squeezed. Slowly move head from side to side three times, breathing long, slow breaths. Come back to center, slowly drop head to chest and breathe twice. Repeat for other shoulder.

- Improves listening comprehension, speaking abilities, thinking, spelling, math, typing, computer work; helps with short and long-term memory.



Lazy 8s

Lazy 8s - Starting counterclockwise with the left hand in front of the nose, thumb pointing up, draw an infinity sign while keeping your focus on your thumb, head facing straight ahead. After at least three repetitions, switch hands and do at least three Lazy 8s with the right hand. Then do Lazy 8s with both hands. Always be sure to start with an upward motion around the Lazy 8.

- Integrates the left and right visual fields, which increases left and right hemispheric integration, resulting in improved balance and coordination. Helps with the mechanics of reading (left to right movement across the page), reading comprehension, eye muscle relaxation during reading. Aids in relaxing eyes, neck and shoulders; improves depth perception, centering, balance and coordination.



The Rocker

The Rocker - Sitting on a padded or wooden surface, use your hands or forearms for support as you gently rock and release first one hip, then the other by rocking in small circles.

- Releases the sacrum by massaging the hamstring and gluteus muscle groups, stimulating reflexes in the hips which are dulled by excessive sitting. Circulation of the cerebrospinal fluid within the spinal column is stimulated and the system works more efficiently.



Neck Rolls

Neck Rolls - Drop head forward. Gently roll the neck from side to side in front. Complete rotations are not recommended.

- Relaxes the neck and releases blocks resulting from the inability to cross the midline. When done before reading and writing, encourages integrated performance.



Earth Buttons

Earth Buttons - Hold one hand touching below the lower lip and the other hand touching the upper edge of the pubic bone. Reverse hands.

- Activates the brain's ability to work in the midfield; enhances centering, grounding, basic metabolism, and visual accommodation.



Space Buttons

Space Buttons - Hold one hand touching above the upper lip and the other hand touching just above the tailbone. Reverse hands.

- Space Buttons activates the brain's ability to work in the midfield; enhances centering, grounding; relaxation of the central nervous system, depth perception, eye contact, and near to far visual transitions.

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77

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